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“The Hidden Deficiency No One Checks”

Ferritin & Vitamin D — The Root Behind Your Hair Fall, Mood Swings, and Fatigue

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Why You’re Reading This

You’ve done the diets.

Tried the supplements.

Changed your shampoo.

Fixed your sleep.

And still… something feels off.

Your blood tests say you’re “normal.”

But your body tells a different story.

You’re not overthinking it.

You’re just missing what most doctors don’t test for:

👉 Ferritin (Iron Storage)

👉 Vitamin D

These are two silent root causes behind some of the most common symptoms in young women — and they’re almost always ignored in routine blood tests.

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What is Ferritin — and Why It Matters

Ferritin is your body's iron reserve — not just how much iron is circulating, but how much is stored and available.

Even if your hemoglobin is normal, low ferritin = low iron supply.

🔻 When ferritin drops below optimal, you may experience:

– Excessive hair fall (especially from the crown or temples)

– Constant fatigue and weakness

– Brittle nails, pale skin, cold hands/feet

– Shortness of breath during activity

– Restless legs at night

– Anxiety, mood swings, or even depression

– Difficulty focusing (brain fog)

– Heavy or prolonged periods (which further depletes iron)

🧠 Low ferritin = poor oxygen delivery = slow metabolism + tired brain.

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Vitamin D: The Silent Hormone Behind Everything

Vitamin D is not just a "sun vitamin." It behaves like a hormone, influencing:

– Mood & mental health (serotonin regulation)

– Hair growth (supports follicle cycling)

– Hormonal balance (including insulin & ovulation)

– Immunity and inflammation

– Muscle recovery & energy levels

Even mild deficiency can lead to:

– Fatigue that doesn’t improve with rest

– Bone pain, joint aches, and cramps

– Irritability and low mood

– More frequent acne or breakouts

– Weak immunity (frequent colds/infections)

Over 70% of women with hormonal imbalances have low Vitamin D — and don’t even know it.

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Essential Blood Tests You Should Ask For

Don’t rely on “CBC” alone. Ask for:

✅ Serum Ferritin (Ideal range: 60–100 ng/mL for hair & energy health)

✅ Serum 25(OH) Vitamin D (Optimal: 40–70 ng/mL)

✅ TSH + Free T3/T4 (to rule out thyroid as a compounding factor)

✅ HS-CRP or ESR (to check inflammation status)

✅ Serum B12 (another hidden player in fatigue + hair health)

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How to Fix This (Food + Supplement Strategy)

🌿 Boosting Ferritin Naturally:

– Eat iron-rich foods: spinach, ragi, dates, beets, red meat, jaggery

– Pair with Vitamin C: lemon, amla, guava

– Avoid tea/coffee 1 hour before/after meals (they block absorption)

– Consider iron supplements (ferrous bisglycinate or elemental iron) — under medical supervision

📝 Pro tip: Start low, go slow. Iron can cause constipation — always hydrate and take with Vitamin C.

☀️ Restoring Vitamin D:

– Sunlight: 15–20 min daily, arms/legs exposed, no sunscreen

– Foods: egg yolks, fatty fish, fortified dairy, mushrooms

– Supplementation: D3 cholecalciferol (commonly 2000–5000 IU/day — confirm with your doctor)

For severely deficient individuals, weekly high-dose therapy may be prescribed (e.g., 60,000 IU/week for 6–8 weeks).

❤️ Final Words from Dr. Obaid

You’re not crazy.

You’re not lazy.

You’re just running empty — and no one told you why.

Low Ferritin and Vitamin D deficiencies are the silent epidemics affecting millions of women — showing up as “mystery symptoms” that are too often dismissed.

If your body feels off, it probably is.

Listen to it. Test it. Nourish it.

You deserve answers.

You deserve energy.

You deserve your glow back.

Let’s fix the root.